

"...personal safety remains my paramount concern, so it is



2 - CO's note

6 - Book Fair

Brief Notes

TSP open season is going on now through Dec. 31. You can contribute up to 10 percent of your base pay. This is an increase of 1 percent from last year.

Navy Ball tickets are now on sale prices are: E4 and below, \$20; E5 and E6, \$30; E7 and above, \$35; and \$40 for civilians. Civilian spouses of military members pay the equivalent of their spouses' rank.

E.J. King School is hosting an **Oriental Bazaar** Saturday, Oct. 23 from 9 a.m.-5 p.m. and Sunday Oct. 24 from 10 a.m. - 4 p.m. Asian furniture, rugs, scrolls, cloths, jewelries and an assortment of other knickknacks will be available. Prices are reasonable. Rain or shine.

Adopt-A-Sailor, sponsored by the Chaplain's Office, seeks families to get **single Sailors** out of the barracks and into a home for the holidays. **Adopt-A-Sailor Plus** extends the original program by sponsoring Sailors for a period of up to a year...support the single Sailors for the upcoming holidays and give them a touch of home. **Full story, page 6...**

Navy Federal Credit Union has a new friend named "Sally", she is the newest stuffed animal offered to **Kids Club members** when they save an additional \$150 in their account.

The Hario Commissary received 15 pallets of pumpkins; due the large amount the price will be reduced from \$.27 to \$.17 per pound.

This Week

The Autumn Roses Festival will be held Sunday, Oct. 24 from 10 a.m. until 5 p.m. at the **Ishidake Zoological and Botanical Garden**. Admission is ¥400 for adults and ¥100 for children. For more information on upcoming local events contact the Fleet and Family Support Center at 252-3604.

Weather

Sunday Partly Cloudy
H 72° L 54°
Monday Partly cloudy
H 74° L 52°

DUI Counter: 13 days as of Oct. 21

MWR is your ticket to seeing Japan

JO1(SW) Ron Inman
CFAS Public Affairs

Members of the Sasebo community, including this reporter, were transported back in time to Japan's feudal era during a Morale, Welfare and Recreation (MWR) day trip to Kumamoto Castle Oct. 17.

After a 3-hour bus ride from Sasebo to Kumamoto City, our group stepped off the bus and into 17th century Japan – complete with gardens, one of the largest castles in Japan, a comprehensive museum and tours of the original residences of its samurai warrior lords.

The first stop of the tour was Suizenji Jojuen Garden, created by the third lord of the Hosokawa clan, which ruled the area of present-day Kumamoto City, then called Higo. Construction of the garden began in 1636 and took 80 years to complete. The result was an exquisitely-landscaped garden of mounds, stones and fountains, complete with its own shrine and miniature Mt. Fuji – as stunningly beautiful today as it was almost 300 years ago .

Next we made our way to the heart of the Hosokawa clan – Kumamoto Castle. One of the largest in Japan, the original stronghold, with specially constructed walls of hard stone and the castle itself built from specially-grown hard wood, was the site of several key battles during the Seinan Civil War. It was later burned down and rebuilt, but a portion of the original castle – which will be 400 years old in 2007 – remains and can be toured. Inside the castle, visitors can view many historical artifacts from the time period – including suits of armor, original works of art, poetry and day-to-day items of the samurai class. Ninja warriors in authentic costumes prowled the grounds and sprang to our aid when we requested photos, drawing their swords and striking fighting poses.

The last stop of the tour was Hosokawa Gyobutei - the restored residential mansion for the lord of the Hosokawa clan. It is regarded by Japanese as an architectural masterpiece of a samurai residence. Tour members were able to walk through the home, restored as it was in the 17th – 18th centuries. The home included several gardens, and, during a quiet moment away from the group, I gazed at the central courtyard garden, complete with bonsai trees and a rock garden, and was overcome with a sense of peace – and the realization that a feudal lord of Japan, embroiled in a civil war, his castle the site of frequent battles, had done the same.

According to Mike Rodriguez, MWR Tours and Ticketing Manager, he and his friendly staff are standing by to help you on your journeys throughout Japan – whether into the past or the present. "Travel & Tours has a cornucopia of information just for you," Rodriguez said.



Sasebo's MWR Travel and Tours recently took a day trip to Kumamoto Castle, one of the largest castles in Japan. For more information on exciting trips like this one call Travel and Tours at 252 3477.

"We have literally thousands of pamphlets on interesting and unique places to go; whether you're going on one of our tours or want to get out on your own and explore the beauty of Japan. You can charter a bus for your private tour at prices that cannot be beat anyplace else. Want a private guide too? No problem, we also have several guides ready to assist you

at very low fees. We have the largest fleet of comfortable buses around...13 buses and vans. We can make hotel reservations and provide maps and toll, train, bus and park entrance fees. Travel & Tours are always poised to help any customer in any way. Come on by and just browse...I bet you'll leave with some information for your next trip."

‘Mammo-van’ coming to CFAS Oct. 25

CFAS Public Affairs

October is Breast Cancer awareness month. October will also mark the first time that the mobile mammography center will be coming to Fleet Activities Sasebo (CFAS) for appointments.

Although screening-only appointments will be available, with no diagnostics, the turn-around for film from Yokosuka's radiology department will be only four days.

Patients who feel they need a mammogram need to see their Primary Care Manager in order to get a referral. The van will be at CFAS for a week, from

Oct. 25 until 29, seeing 10 -12 patients a day. For more information contact the branch medical clinic at 252-2550.



Yokosuka's new mobile mammography center, set to arrive at CFAS Oct. 25. (Photo released by USNH Public Affairs.)

Juneau works to get junior Sailors ESWS qualified

PC1 (SW/AW) Pleasantbey
USS Juneau Public Affairs

While deployed to the Persian Gulf as part of Operation Enduring Freedom, senior leaders on board USS Juneau (LPD 10) take advantage of the opportunity to prepare and qualify junior sailors as Enlisted Surface Warfare Specialists (ESWS). Qualification for ESWS will soon become mandatory for the advancement of Second Class Petty Officers. So leadership are out convincing many hard -charging junior Sailors to make their mark today.

Qualified leading petty officers (LPOs) take time out of their daily schedules to instruct their shipmates in their areas of expertise. Groups of eager ESWS candidates can be found doing topside walk-thrus, learning about deck equipment, down in the engineering main spaces observing propulsion plant operations, or gathered in the Combat Information Center (CIC), to observe undersea warfare exercises and simulated weapons systems firings.



USS Juneau commanding officer congratulates Disbursing Clerk Third Class(SW) on becoming an Enlisted Surface Warfare Specialist. (Official U.S Navy Photo by PC1 (SW/AW) Pleasantby)

training another of his or her shipmates. “More knowledgeable Sailors in our Navy are what we need today,” observed Ship’s Servicemen Third Class (SW) David A. Cattrall, Juneau’s ship store operator.

“Determination brings about focus,” remarked Culinary Specialist Third Class (SW) Marcus S. Little, adding “Sleep is for the weak in comparison to accomplishing your goal”.

The following Juneau Sailors have successfully completed all requirements and are now qualified to wear the Enlisted Surface Warfare Specialist breast insignia: Damage Controlman First Class (SW) David L. Vitek, Master-at-Arms First Class (SW) Shawn P. Ashurst, Disbursing Clerk Third Class(SW) Tristan L. Pruitt, Ships’s Serviceman Third Class(SW) David A. Cattrall, Culinary Specialist Third Class(SW) Marcus S. Little, Hospital Corpsman Third Class(SW) Ishmael S. King, Personnelman Third Class (SW) Kennedy, Engineman Third Class(SW) James S. Ruben, and Aviation Boatswain’s Mate (Fuel) Airman(SW) Pablo J. Rodriguezbaez.

USS Juneau proudly flies the ESWS Pennant above its mast, as a daily symbol of excellence and proficiency throughout its training program. This coveted banner was bestowed upon the ‘Mighty-J’, primarily due to the organizational efforts and personal direction on the part of ESWS Coordinator, Aviation Boatswain’s Mate (Aircraft Handling) First Class (AW/ SW) Michael J. Foster.

“It makes my work so much easier,” Foster emphasized. “Having an active First Class Association, and with leaders willing to give constant training, work center walk-thrus, and most importantly, supporting their Sailors and ensuring them ample time to become qualified.” Foster was also recently selected as USS Juneau’s Senior Sailor of the Quarter.

CAPT. MICHAEL L. JAMES
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FLEET ACTIVITIES SASEBO
252-3444

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Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Some Sailors have invested an extraordinary amount of time and have already successfully completed the ESWS qualification, only two months into the deployment.

After completing the required lessons and written test, candidates are invited to a formal ESWS board, headed by the Command Master Chief. They are meticulously ‘grilled’ by Chiefs and First Class Petty Officers from all areas of the ship, on all topics of shipboard equipment, evolutions, and emergencies procedures, testing the limits of each candidate’s knowledge. For those who pass the ESWS board, it marks the culmination of months spent in in-depth study and hands-on training. All Sailors are invited to witness the formal presentation of the pinning ceremony and introduction of the

Juneau’s newest enlisted surface warriors.

The Commanding Officer, Captain Kevin E. O’Flaherty, Juneau’s Executive Officer, Lt. Cdr. Todd A. Lewis and Command Master Chief Paul A. Kingsbury personally conduct these proceedings. Surface warriors also have the option of being personally pinned by their divisional LPO, or by a senior mentor of their choice.

The Enlisted Surface Warfare Specialist Program signifies excellence in all the Sailors who achieve it. The extra step they take to learn about the ship they live and work on will benefit the individual and the command. An ESWS-qualified Sailor has the knowledge and ability to help out in any situation that may come about, whether a shipboard casualty or even

CO: Typhoon Tokage flexes muscles at CFAS

Capt. Michael L. James
Commander, Fleet Activities Sasebo



I am sure most of you recall, and some of you have unpleasant memories as a result of the severe weather experienced here in Sasebo this past Wednesday.

Allow me to say up front that we, the leadership of the Fleet Activities Sasebo community could have done a better job in helping you prepare for the effects of the severe weather. I regret that we failed to collect, process and disseminate the information on the developing weather conditions that were observed in a timely manner, thereby causing us to make some bad decisions with regard to installation operations and school closure.

For that I owe each of you an apology.

From my perspective it is particularly regrettable that because of a lack of information directing you to do otherwise, some of you were compelled

to come to work or send your children off to school, or both. Those of you who have experienced previous serious weather events here in Sasebo know that we have typically taken a very conservative approach to school closure and suspension of installation operations, primarily because of concerns for the personal safety of all members of this community.

Let me assure you that personal safety

“...personal safety remains my paramount concern, so it is my intention to revise our internal procedures to lessen the likelihood that we will again miss an opportunity to make a prudent decision with regard to the suspension of operations because of weather conditions.”

- *Capt. Michael L. James, Commander, Fleet Activities Sasebo*

remains my paramount concern, so it is my intention to revise our internal procedures to lessen the likelihood that we will again miss an opportunity to make a prudent decision with regard to the

suspension of operations because of weather conditions.

It is fortunate that there were no injuries reported as a result of the severe weather, but relying on good fortune is not a smart management decision. I assure you we will do better in the future.

Regards,
Captain Michael L. James
Commander, Fleet Activities Sasebo

‘Check 21’ to take effect Oct. 28

Compiled from Federal Reserve Board web site

Beginning Oct. 28, all U.S. banks will be changing the way they process checks. The ‘Check Clearing for the 21st Century Act’, Public Law 108-100, (Check 21) was signed into law on October 28, 2003, and will become effective on October 28, 2004.

What is Check 21 and what is its basic purpose?

Check 21 is designed to enable banks to handle more checks electronically, which should make check processing faster and more efficient. Today, banks often must physically move original paper checks from the bank where the checks are deposited to the bank that pays them. This transportation can be inefficient and costly.

How will Check 21 make check processing more efficient?

Instead of physically moving paper checks from one bank to another, Check 21 will allow banks to process more checks electronically. Banks can capture a picture of the front and back of the check along with the associated payment information and transmit this information electronically. If a receiving bank or its customer requires a paper check, the bank can use the electronic picture and payment information to create a paper “substitute check.” This process enables banks to reduce the cost of physically handling and transporting original paper checks, which can be very expensive.

Is electronic check processing secure?

Electronic check processing is not new to the financial industry and is a safe and reliable way of processing payments. It uses technology that has been developed and tested to process your check information securely.

What changes can I expect when Check 21 goes into effect?

After October 28, 2004, you may receive a substitute check when you were expecting an original check. For example, if you receive canceled checks with your account statement, you might begin to receive a mixture of canceled original and substitute checks. If you receive image statements (pictures of several checks on a single page), you also may notice that some of the pictures are of substitute checks.

Will Check 21 result in my check being paid sooner?

With Check 21, banks will likely process more checks electronically. As a result, your check may reach your bank faster and be paid sooner. Always make sure you have enough money in your account to cover the checks you write at the time that you write them.

Will Check 21 affect how quickly I receive funds from the checks that I deposit with my bank?

Another federal check law (Expedited Funds Availability Act) specifies the maximum time periods by which your bank must make funds available to you. Some banks, however, make funds available sooner than this law requires.

For specific information on any changes due to Check 21, contact Community Bank at 252-3963, Navy Federal Credit Union at 252-3617, or visit the Federal Reserve Board’s Check 21 web site at <[www.federalreserve.gov/ paymentsystems/ truncation](http://www.federalreserve.gov/paymentsystems/truncation)>.

University of Phoenix master’s degree program coming to Sasebo

JO1(SW) Ron Inman

CFAS Public Affairs

The new year brings with it opportunities for positive change and personal growth. One such exciting opportunity is the University of Phoenix Military Overseas Program on-site Master’s degree program, coming to Sasebo in January.

Specifically, the Master’s of Management and Master’s of Human Resource Management degrees are being offered.

According to Elizabeth Baker, Sasebo Navy College Office education counselor, the program offers distinct advantages over a traditional master’s degree program.

“One of the things that makes [the program] so appealing is there’s no entrance exam and no comprehensive final exam,” Baker explained.

The University of Phoenix, founded in 1976, is a private higher education institution whose main mission, according to its website, “is to educate working adults to develop the knowledge and skills that will enable them to achieve their professional goals, improve the productivity of their organizations and provide leadership and service to their communities.”

“University of Phoenix is very well-regarded in the business world,” Baker emphasized.

“Sasebo is a small base, so it’s a challenge to meet

enrollment requirements,” she continued. “But we have a lot of senior people here who have been waiting for this opportunity.”

According to Baker, the program consists of 13, 3-credit hour classes, and can be completed in 18 months. Class length is six weeks, and classes meet once per week for four hours.

That’s exciting,” Baker said. “It typically takes two years to complete a master’s.”

Baker added that the cost is \$255 per semester hour, but active duty personnel can use their tuition assistance to pay for the first 12 semester hours in an academic year, and use their GI Bill benefits after that.

Why complete a master’s degree?

“People use master’s degrees for many reasons,” said Baker. “One is for credentials in the business world. It’s very competitive, and you’ll be competing against other people with master’s degrees.”

To find out more about this exciting educational opportunity, contact Summer Van Pelt at DSN: (Okinawa) 632-0244, or e-mail your questions to summer.vanpelt@phoenix.edu>. You can also contact Elizabeth Baker at Sasebo’s Navy College Office at 252-3511.

NEX customer satisfaction survey on the street

JO1(SW) Ron Inman

CFAS Public Affairs

Fleet Activities Sasebo (CFAS) Navy Exchange (NEX) customers with something to say about the quality of their base facilities now need only take the time to do so – NEX Customer Satisfaction Index (CSI) surveys are available at three Main Base locations and the Hario Home Store.

“There are two separate surveys,” explained Sandra Franklin, NEX general manager, “a four-page survey which covers all Main Base facilities, and a two-page survey covering all Hario Exchange facilities. The size of the survey

is based on the store size and sales volume.”

According to customers taking the survey, the larger survey takes about 20 minutes to fill out, the smaller survey 10 minutes. After completing the Main Base survey, customers will receive a \$5 NEX coupon, and after completing the Hario version they’ll receive free chips and a soda.

The survey asks NEX customers how they feel about a wide variety of factors, including

See NEX satisfaction, pg. 4

Profile: Lt. Cmdr.



CFAS Ordnance Officer
Hometown...Paulding, Miss.

How long have you been in Japan?

Two years, two months.

What is your favorite thing about Sasebo?

The low profile and the slow tempo.

Are you married or single?

Married.

Do you have any children?

Three, two daughters and a son.

What hobbies do you have?

Fishing and antique furniture refinishing.

Who do you consider to be your role model?

No one in particular.

What are your personal goals?

To retire on the Gulf Coast and enjoy my hobbies.

What motivates you?

I love my job, and the desire to do it well motivates me.

What is the one thing you can’t stand?

People that do not take responsibility for their actions.

What do people not know about you?

I’m a saxophonist.

What is your most embarrassing moment?

I wold be embarrassed again if I shared it.

If you could have dinner with three people, living or dead, who would they be?

Bill Gates, Bill Dance and Dr. Martin Luther King.

Overseas voters: General Election only two weeks away!

LN2(SW) Steve Thaggard
CFAS Assistant Voting Officer

The U.S. is less than 14 days away from deciding who the President and Commander-In-Chief of the Nation will be for the next four years. Residents of Sasebo, both active duty, their dependents, and U.S. citizens residing overseas have come a long way since their indoctrination classes, where they were informed about absentee voting and what assistance and resources exist for eligible voters in Sasebo.

During this year, the Voting Assistance Officer, Lt. Maribel Mercado, had volunteers ready on such occasions as Armed Forces Day, the Fourth of July, and even the odd lunchtime at the Bayside Food Court in order to educate overseas personnel and encourage them to register to receive their absentee ballots.

Many of Sasebo's residents have already received

and returned their absentee ballots to their home states. Last week was designated Absentee Voting Week, during which Lt. Mercado had set a goal to encourage every eligible voter in the Sasebo Community to vote by either the absentee ballot received from their state or through the Federal write-in absentee ballot by Friday, Oct. 15, 2004.

Unfortunately, due to circumstances beyond the control of Sasebo residents, some states did not mail the absentee ballots to their citizens living abroad until that same week due to candidacy issues that had to be resolved before those states could send the ballot. Even though the right to vote for the President of the United States falls under Federal Jurisdiction, according to Lt Mercado many of these states had cases pending in courts that had to be resolved prior to sending the absentee ballots.

Now, for those interested in what they need to do if

they haven't voted by absentee ballot, the end is near; but it is not here yet. Lt. Mercado recommends that people not panic, but first check their state's local legislation on voting to see when the deadlines are for their absentee vote to be received. Some states will allow the voted absentee ballot to be received and returned by fax. Assistance with faxing ballots can be obtained at the CFAS Voting Assistance Office, located in Bldg 80. Afloat command personnel and their dependents can also receive help by contacting CTF-76's Voting Assistance Officer, Chief Alford, at 252-2271.

Be aware that most states that accept a voted ballot by fax will also require you to mail the ballot in as well, in order to have an original signature on file in their absentee and overseas voting records. If you have any questions, you can always contact Lt. Mercado and her staff at 252-3385, or stop by the SJA's office.

Invest in your future with Thrift Savings Plan

JO1(SW) Ron Inman
CFAS Public Affairs

The Thrift Savings Plan (TSP) open season began Oct. 15 and runs through Dec. 31. The TSP is a voluntary retirement savings and investment plan. The money you save and earn through your TSP account will provide you with an important source of retirement income. A major advantage of the TSP is that contributions and earnings are tax-deferred- you pay no taxes until you withdraw from your account.

The TSP open season is your chance to start or change your contributions to your TSP account. During this open season, you can contribute up to 10 percent of your basic pay each month. If you elect to contribute from basic pay, you may also elect to contribute up to 100 percent of incentive pay and special pay (including bonus pay) that you receive, but your total contributions from taxable pay for the year may not exceed the Internal Revenue Service (IRS) limit of \$14,000 for 2005.

Active duty members with a myPay account can log on to their account to start, change, stop or view their TSP contributions - but starting or changing the amount of TSP contribution can only be done during the open season period. Allocation, or distribution, of TSP funds to the five investment available can be done by the member at any time at either the myPay Website <mypay.dfas.mil> or the TSP Website <www.tsp.gov>.

The five funds available through TSP are:

Government Securities Investment (G) Fund — invested in short-term, risk-free U.S. Treasury securities that are specially issued to the TSP.

Fixed Income Index Investment (F) Fund — invested in a bond index fund that tracks the Lehman Brothers U.S. Aggregate (LBA) bond index.

Common Stock Index Investment (C) Fund — invested in a stock index fund that tracks the Standard & Poor's (S&P) 500 stock index (which comprises large companies).

Small Capitalization Stock Index Investment (S) Fund — invested in a stock index fund that tracks the Dow Jones Wilshire 4500 Completion stock index (which comprises small and medium companies).

International Stock Index Investment (I) Fund — invested in a stock index fund that tracks the Morgan Stanley Capital International EAFE (Europe, Australasia, Far East) stock index (which comprises stocks in 21 countries). There is no guarantee that future rates of return will replicate historical rates. There is risk of investment loss in the F, C, S, and I Funds.

Members without a myPay account can download form TSP-U-1 from the TSP Website. Navigate to the 'TSP headlines' link, then select 'Open Season -Oct. 15 - Dec. 31, 2004'. Print out the form and bring it to DK1 Querimit,MILPAY Supervisor, at Personnel Support Detachment's (PSD) Disbursing Office. Contact 252-2181 for more information.

Internet coupons stretch savings with DeCA

Bonnie Powell
DeCA Public Affairs

FORT LEE, Va. – Commissary shoppers are among the top coupon clippers in the world, but the “clipping” part may someday be history.

The Defense Commissary Agency is helping customers increase their savings by making Internet coupon links available under a new section at the links page at <<http://www.commissaries.com>>.

“Although we sell groceries at cost, we are always seeking new resources to help our customers increase their savings,” said Patrick B. Nixon, chief executive officer for DeCA.

“As the trend toward Internet coupons grows, this section of our Website will continue to grow as well.”

Along with top Websites for military grocery coupons, the new section has a link to a new site that offers a choice of English or Spanish; and for customers who prefer more traditional coupons, another link offers commissary shoppers the opportunity to sign up for coupons by mail.

According to a 2003 report by NCH Marketing Services, which specializes in coupon processing and promotion information management, military commissaries are among the top five retailers redeeming grocery coupons. The most common coupons offered are free-standing inserts, or FSIs, typically found inserted in newspapers or made available at the commissary. Use of Internet coupons has grown substantially, with redemption rates rivaling FSIs.

Commissaries, as well as other grocery retailers, had stopped accepting home-printed coupons in September 2003 due to instances of fraud, but despite the industry ban consumer use of Internet coupons flourished in general. Forrester Research, an independent technology research company, has found that about 38 percent of U.S. households have printed at least one or more internet coupon's. According to Melissa Lederer, vice president of marketing and communications for CoolSavings Inc., (one of the leading Internet coupon Web sites.)

“CoolSavings has found that redemptions for the company's Internet coupons tend to be 5 percent to 10 percent higher than traditional offline coupons,” said Lederer.

All 273 commissaries worldwide now accept computer-generated Internet coupons as long as they have a bar code for scanning purposes, and the coupons do not offer free products.

For more information on Sasebo or Hario commissary call 252-3767/8759.

***NEX satisfaction** from pg. 3...*

merchandise selection, pricing, store environment, NEX associate customer service and NEX activity satisfaction, just to name a few. There is also a write-in section at the end of the survey that goes directly to Franklin.

“This is the most important thing we do,” said Franklin of the survey, as she helped customers fill it out Oct. 20 at Bayside Food Court. “If [our customers] think something is wrong and don’t tell me, how are we ever going to fix it? The more people who mention problems, the better chance we have to fix them.

“I would ask that people fill out [the surveys] honestly,” continued Franklin, “whether positive or negative – everything. We want their input. I also encourage people at Hario to fill them out – last year we needed 100 surveys filled out and only got

55.”

This year, 225 surveys are required on Main Base and 100 at Hario. On Oct. 20, the first day the survey was offered, over 50 surveys were filled out on Main Base.

“[The results of the survey] are so important to NEXCOM that they are reflected in my evaluation,” Franklin said. “We are all involved. Our upper level management staff is at the locations conducting the survey – we don’t just send out our junior associates to do this.”

On Main Base, the survey will be offered this week from 11 a.m. until 1:30 p.m, as follows: Monday - Fleet Exchange, Tuesday – Main Exchange, Wednesday – Bayside Food Court. Surveys are available until Wednesday, Oct. 27th at the Hario Home Store Monday through Friday during normal operating hours. For more information, contact the NEX Office at 252-3454.



Haunted House Volunteers needed

Adults interested in participating as a guide for the big annual MWR Haunted House this year are highly encouraged to call 252-2980 and sign-up. Volunteers are needed to serve as guides as well as other positions during the very scary “Fear Factory 2004” in the Hario Gym on Sunday, Oct. 30 from 6-10 p.m.

Running Scared 3K Walk

Get out your scariest costume and bring the entire family to this festive and fun event. The 3K walk begins at the Fleet Fitness Center at 6:30 p.m. on Thursday, Oct. 28. This “haunted walk” is for all ages and kids at heart! See scary monsters lurking about and many trick-or-treat goodie stops are posted along the way. Awards will be presented for most creative and scariest costume in infant, child, youth, teen, adult and masters divisions. Sign-up begins 30 minutes prior to walk. For more information, call 252-3588.

Kidz Monster Bash Bowling Tourney

The Spare Time Recreation Center will hold a Kidz Monster Bash 9 –Pin No Tap Bowling Tourney on Friday, Oct. 29 at 6 p.m. Entry fee is \$10. Prizes are awarded to winners in each age group. Age groups are 5 and under, 6-10, 11-12 and 13-18. There's also lucky drawings and a special tic-tac-toe game. Bowl in costume and receive a special prize. For more information, call 252-3634.

Sea Kayaking Class

There's nothing like being out on the water paddling along in a kayak feeling the cool ocean breeze in your face. Try it-you'll like it! Just sign-up for the last sea kayak class of the month on Friday, Oct. 29 from 10 a.m. to 4 p.m. A Sailing and Outdoor Adventure Center professional will be right there with you to ensure you have a safe and fun experience. Cost is only \$35 per person. For more information, call 252-3500.

Kumagawa Boat Ride and Kyusendo Caves

All aboard! Join Travel and Tours on Oct. 30 and bring the kids for an exciting ride down the Kumagawa River as the expert coxswain skillfully navigates the old

wooden boat through the treacherous river twists and turns. Be prepared to get wet! Following the boat rode, you'll enter the famous Kyusendo Caves and see first-hand how nature carved away awesome tunnels through solid rock. You can't beat the price either. Adults pay \$40, 6-15 year olds pay \$25 and 5 and under pay only \$15. For more information, call 252-3433.

Third Annual Hall-o-Scream One Pitch Softball Tourney

All hands are encouraged to participate in the fun event at Nimitz Park on Saturday, Oct. 30 at 9 a.m. This is a double elimination tournament and each batter gets 1 pitch to either hit, stike out or walk. Free tourney but you will have to sign up at Fleet Fitness Center Office by Tuesday, Oct. 26. For more information, call 252-3588.

MWR Boys and Girls Club of Sasebo needs you. Make an investment in your future...our youth!

Boys and Girls Club are looking for volunteers to be advisors and offer leadership for our youth in various programs. Anyone interested in the fields of education, sports, fitness, arts, photography, mentoring, role modeling or other general services are invited to call 252-2989 for details.

October lunch specials at Harbor View

Lunch specials also come with a trip to the well-stocked salad bar, soup of the day and your choice of iced tea or coffee. Mondays, delicious roast chicken oreganato for just \$6.95. Tuesdays, meat loaf with sautéed mushrooms. Wednesday, Homemade lasagna. Thursdays, Pork Cutlet with buttered noodles. Fridays, Grilled salmon with fresh spinach. Lunch is served from 11 a.m. to 2 p.m., Monday through Friday. For more information, call 252-3965.

October lunch specials at Galaxies

Galaxies Manager, Efrain Gracia and his talented staff have delicious lunch specials for all to enjoy. Mondays, Beef flautas with Mexican rice and drunken beans. Tuesdays, Lemmon peppered pork with mashed potatoes and combread stuffing. Wednesdays, Lasagna Al Pesto with side salad and 2 garlic bread sticks. Thursdays, Chicken Divan with tossed salad and 2 bread sticks. Fridays, Spicy orange meatballs with fried rice and an egg roll. Lunch specials are served from 11 a.m. while supplies last. Low price of \$5 includes soda. For more information, call 252-2980.

Living in Japan: Musings on a Sunday afternoon

Rose and I took the dog out for a fresh air adventure on Columbus Day. We drove to Saikai Bridge and climbed the steps up to the overlook that gives an absolutely magnificent view of the surrounding sea and jutting points of lush green shoreline below.

As it was also a Japanese holiday, there were a lot of local Niponjin with the same basic idea. Furby, our dog, made quite a hit with a lot of the young couples and families scaling the stone steps up the side of the mountain and leisurely lazing about in the grassy flat areas between ascent paths.

While my wife chose to take the dog all the way to the top, I opted to remain on a park bench, about halfway up the climb. Climbing isn't one of my favorite pastimes, as it were. Sitting there, I went into my favorite mode, that of observing the folks around me. Looking up the broad concrete path towards the top, I found a grandfatherly figure, probably in his sixties, hoist a toddler of about two years of age, onto his back, carrying her with his arms wrapped behind him, hands clasped under her rump.

I was interested to see just how long the old guy could handle the descent with a squirming grandkid on his back. He kept coming, and coming, and soon had traversed the hundred yards of switchback walkway and passed my bench, continuing on down the slope. I watched in awe for as long as fifteen minutes. He wasn't breathing hard, he didn't look to be in any physical distress, just a steady plodding pace all the way down to the bottom of the hill, never once even visibly shifting the load of the now sleeping child.

We get to see our four grandchildren who live in Virginia once or twice a year. I've lifted them in malls and on other excursions and done the obligatory granddaddy walk for distances of maybe a hundred feet or so over smooth flat terrain, and then have had to give up and set them back down, my back aching, legs tired, and heart chugging away, like a steam locomotive climbing the Rockies.

The sinewy strength and rugged endurance of many older Japanese can be quite deceptive. As is the case in most of these eating contests we have seen, being bigger doesn't necessarily make one capable of performing greater feats.

Most men need only look at their often diminutive wives to see the application of this fact. How can they walk, seemingly for hours, carrying our children in their frail little arms, when most men tire of this chore in a matter of minutes?



FLEET & FAMILY SUPPORT CENTER SUPERVISORY PROGRAMS MANAGER

October 22-29

FEATURED PREMIERE

VANITY FAIR
PG-13
DRAMA
Reese Witherspoon
Jim Broadbent
Eileen Atkins
James Purefoy
Jonathan Rhys Meyers

Born into lower class, Becky can rely only on her wit, guile and sexuality as she makes her way up through London society circa of 1820.

SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, OCTOBER 22	SATURDAY, OCTOBER 23	SUNDAY, OCTOBER 24	MONDAY, OCTOBER 25	TUESDAY, OCTOBER 26	WEDNESDAY, OCTOBER 27	THURSDAY, OCTOBER 28	FRIDAY, OCTOBER 29
5 p.m. (PG) Superbabies: Baby Geniuses 2 7 p.m. (PG-13) *The Cookout 9:30 p.m. (PG-13) *Vanity Fair	2 p.m. (PG) Superbabies: Baby Geniuses 2 5 p.m. (PG) Yu-Gi-Oh! 7 p.m. (PG-13) Vanity Fair 10 p.m. (R) Exorcist: The Beginning	2 p.m. (PG) Shark Tale 5:30 p.m. (PG-13) The Cookout 8:30 p.m. (PG-13) Vanity Fair	6 p.m. (PG-13) Without a Paddle 8:30 p.m. (R) Suspect Zero	6 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid 8:30 p.m. (R) Exorcist: The Beginning	6 p.m. (PG-13) Ladder 49 8:30 p.m. (PG-13) Vanity Fair	6 p.m. (PG-13) The Cookout 8:30 p.m. (PG-13) Alien vs. Predator	5 p.m. (PG) Shark Tale 7 p.m. (PG-13) *Helo 9:30 p.m. (PG-13) *Cellular

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, OCTOBER 22	SATURDAY, OCTOBER 23	SUNDAY, OCTOBER 24	MONDAY, OCTOBER 25	TUESDAY, OCTOBER 26	WEDNESDAY, OCTOBER 27	THURSDAY, OCTOBER 28	FRIDAY, OCTOBER 29
6:30 p.m. (PG) Princess Diaries 2 9 p.m. (PG-13) Ladder 49	2 p.m. (PG) Shark Tale 6:30 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid 9 p.m. (R) Suspect Zero	2 p.m. (PG) Sky Captain and the World of Tomorrow 6:30 p.m. (PG-13) Anacondas: The Hunt for the Blood Orchid	NO MOVIES SCHEDULED		NO MOVIES SCHEDULED	6:30 p.m. (PG-13) Ladder 49 No scooters, skates, skateboards, strollers or backpacks allowed in theaters. No outside food or beverages.	6:30 p.m. (PG-13) *Puparazzi 9 p.m. (PG-13) Vanity Fair

THE COOKOUT (PG-13)
Starring: Storm P. Eve, Frankie Faison, Farrah Fawcett and Danny Glover
When Todd Anderson is chosen as the #1 professional basketball draft pick and signs to play for his home team for \$30 million, he finds that his newfound wealth means his relationships with the people in his life are bound to change. This becomes evident when he decides to throw a family neighborhood cookout during the summer at his new house in a stuffy white neighborhood. The event is timed to overlap with Todd's first endorsement deal-which only accentuates the difference between his roots and his newfound fame.

SKY CAPTAIN AND THE WORLD OF TOMORROW (PG)
Starring: Jude Law, Gayleth Paltrow, Angelina Jolie, Jet Li and Michael Gambon
Famous scientists around the world have mysteriously disappeared and Chronicle reporter Polly Perkins along with ace aviator Sky Captain are on the investigation. Raising their lives as they travel to exotic places around world, can the fearless duo stop Dr. Titenkopf, the evil mastermind behind a plot to destroy the earth? Aided by Franky Cook, commander of an all-female amphibious squadron, and technical genius Dex, Polly and Sky Captain may be our planet's only hope.

HERO (PG-13)
Starring: Jet Li, Zhang Ziyi, Tony Leung Chiu-Wai, Donnie Yen and Maggie Cheung
In a distant war torn land, a ruthless emperor is rising to power with an iron fist and his massive armies. To control everything, he will stop at nothing. A fearless warrior with no name is on a mission of revenge for the massacre of his people.

SHARK TALE (PG)
Starring: Will Smith, Robert De Niro, Jack Black, Angelina Jolie and Renee Zellweger
Oscar is a fast-talking little fish that dreams big. But his big dreams land him in hot water when a giant white he turns him into an unlikely hero. At first, his fellow fish swallows Oscar's story hook, line and sinker and he is showered with fame and fortune. It's all going along swimmingly, until it starts to become clear that Oscar's tale about being the defender of the reef is all wet. Oscar is finding out that being a hero comes at a market price when he threatens to make him the catch of the day. Now he has to tread water until he can get the scales to tip back in his favor again.

ANACONDAS: THE HUNT FOR THE BLOOD ORCHID (PG-13)
Starring: Johnny Messner, Morris Chestnut, Eugene Byrd, Nicholas Hope and Peter Curtis
A scientific expedition is sent to search for a rare black orchid by a powerful pharmaceutical company that hopes the orchid can be used to unlock the secrets of youth and immortality. What they soon discover is that the orchid is already being used by a powerful group... a swarm of giant snakes that derive their super strength, size and vitality from the flowers.

EXORCIST: THE BEGINNING (R)
Starring: Siobhan Stangard, James D'Arcy, Isabella Scarcopio, Alan Ford and Billy Crawford
The tale of Father Merrin's journey as a young missionary priest to post WWII Africa, which led to his first encounter with demonic forces.

Sasebo schools get set for annual Book Fair

Beth Martin
E.J. King Correspondent

The librarians at Sasebo Elementary and E.J. King High School want you to know that they have books. They not only have books, they have lots and lots of books, boxes and boxes of bestsellers in children's and young adult literature and nonfiction. These genres, and more, have arrived for the annual Fall Book fair. There are hardbound books, paperback books, cookbooks and reference books. If you're stuck trying to decide what your child might want for Christmas or Hanukkah, books make great gifts for children as well as adults. Best of all,

unlike other gifts that may become boring after a few weeks, a good book can be a companion for life. This year's book fair offers selections for the very young as well as teens, young adults and even parents who may want to pick up a copy of



Sasebo Elementary School librarians have fun with disguises while promoting the book fair (Photo by Beth Martin)

a book to see what their child is reading. Ms. Fredrickson, the Sasebo Elementary School librarian, encourages parents to buy books for their children for many reasons, "Reading helps develop children's imaginations, helps build their vocabularies and can also just be fun." What other way can a child in Sasebo sail a pirate ship, be a princess in a castle or live the life of a famous person?" This year's book fair is conveniently timed to coincide with the Sasebo Wardroom's Fall Bazaar. It will take place in the school library from 11 a.m. to 3 p.m. on Saturday and Sunday. If you can't make it on those days it will also be open on Monday, Oct. 25 until 3 p.m. Funds earned will go directly for books and materials for the Sasebo Elementary and E.J. King High School library.

New Adopt-A-Sailor Plus program introduced to CFAS

Released by CFAS Public Affairs

The Navy's traditional Adopt-A-Sailor Program seeks to get single Sailors out of the barracks and into homes for the Thanksgiving and Christmas/New Year holidays. The new and expanded CFAS Adopt-A-Sailor Plus Program seeks to provide a higher level of support by having CFAS families "adopt" Single Sailors for a period of at least one year, taking advantage of other holidays as well as birthdays, reenlistments, and other special events. Both the traditional and the expanded programs are now available for participation through the CFAS Command Chaplain's Office. Interested families should contact the

Chaplain's office to register for participation in either program. A registration form may be completed, or you can provide the information by phone at 252-3380. Single Sailors interested in participating should contact their chain of command. Commands and departments have been sent the appropriate information to include their Sailors in this program. The deadline for both family registration and the submission of rosters of participating sailors by commands and departments is Wednesday, Nov. 17. Your support would be appreciated in this worthwhile program to "take care of our own." For more information contact Chaplain Ranard at 252-3380 or <harvey.ranard@sasebo.navy.mil>.

Charles Carr
CFAS Safety Department

"Seat belts are a hassle", "Seat belts wrinkle my clothes", "I am not going far", "If I am in an accident, I don't want to be trapped by my seat belt!" These are a just a few of the excuses that I have heard people say over the past few years in an attempt to justify why they don't want to wear a seatbelt.

We have all seen the signs along the local highways that say "Buckle up for safety". These are four simple words that mean so much. The fact is that seat belts save lives! According to a report published by the National Highway Traffic Safety Administration, "Seat belts, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45 percent and 60 percent for light-truck occupants."

It also states that the average in-patient cost for crash victims who were not using safety belts is 55 percent higher than for those who were wearing seat belts. The number of lives that are saved by seat belt is staggering. Yet, there are still people that do not wear seat belts. I have also heard people say "I am not hurting anyone but myself." I would like to tell those people to think about someone close to them, parents, spouse, children, friends, neighbors and try to imagine how you would feel if they were killed because they weren't wearing their seatbelt. Don't buckle up just because it is an Ohio Law or because it is required by Navy Instructions, do it for yourself, your family, and your friends. For more information about seat belt safety, call 252-3512.

Safety Corner



A soaring career...



Aviation Ordnanceman Senior Chief (AW/SW) (right) congratulates Gunner's Mate First Class (SW) on his reenlistment while airborne in a MH-60C Night Hawk helicopter above the North Arabian Gulf Oct. 14. Both Sailors are stationed on USS Essex (LHD 2), conducting operations in the North Arabian Gulf in support of Operation Iraqi Freedom. (Official U.S. Navy Photo by PHAN Travis M. Burns.)

Contemplating on your next duty station?

Come visit the FFSC
Welcome Aboard Video Library.

We may have information on the military installation that you have in mind.

You can check out a video for one week and learn about the military installation you want to go to in the comfort of your home.



For more information
call 252-3604/3101.



MISCELLANEOUS

(Exp. Nov. 6) Double Stroller, \$45. Call 252- 8498 or 090-1975-3859

(Exp. Oct 30) Home entertainment cabinets, solid wood. Quality work. Great condition. Many shelves. Can accommodate large-screen TV and all other components. I have JPEGS, \$1500 new, asking \$750/obo. Also selling, sectional sofa. Each section about 8ft long \$350/obo. Both items 2 yrs. old. Sony Trinitronflat-screen TV, 36" screen, asking \$300. Fits perfectly in cabinet above! Call 090 7456 6949 or 0956 39 4132.

HOME BUSINESS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email ninasilverman@hotmail.com or call 080 5211 0174 to set up a lesson.

French Language tutor contact Pierre at 090 3734 3509 or email <cramoisii@hotmail.com>

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is

Pacific Pixels Studio has gone digital! \$75 includes a photo session of up to 150 pictures, a CD of all photos taken and 1, 8x10 portrait. From casual and glamour to kimono. Film photo sessions start at \$35 for 24 pictures. Call for an appointment for a professional and personable experience at an affordable price. 252-7158 or 090 4515 7655 or e-mail <shirleypix@yahoo.com>.

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates.
Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at<www.mdphotography.net>

ADSL/Broadband setup and computer support: As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Instructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

Therapeutic massage, certified massage therapist. One hour \$45, 90 minutes \$60, 2 hours \$80. Call Sandra at 090 5024 7139 for an appointment.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090 5731 5744 or visit us on the web at www.photographybyferna.com

WHAT'S HAPPENING?

USO has a new "Build a Bear" program, if you would like to get children that have depoloyed parents together to decorate a bear. The USO is also sponsoring another charity auction scheduled for Nov. 27, this is a great way to make money for Family Support Groups, Please contact USO for more information on tickets. If you would like to lend a helping hand to the USO Fkeet Landing is in need of painting. Also if you are interested in holding a scrapbooking club or teaching English at Gion Elementary School contact For information on any of these programs, contact D.J Stanhope at 090 3012 5867.

Volunteers needed Nov. 8 through Nov. 12 for the 2004 Far East Girls' Volleyball Tournament at the E.J. King and Fleet gyms.

Scorekeepers and line judges will be required to go through a one half hour training. Other volunteers are needed to be escorts or monitors. For more information contact Christel Breeze at E.J. King 252-3059 or 090 4203 8826.

Americable is pleased to announce that FM radio is once again available to the community over the CATV system. This service is free; however, there is a one time installation fee of \$24.95. To receive this service you must schedule an installation with the Americable office. Also, customers must have a non-Japanese FM receiver with an external antenna connection, or they will not be able to receive all the FM channels.

Domestic Violence Awareness 3K Run Friday, Oct. 22, starts 11:30 a.m. Race starts at the Fleet & Family Support Center. Come out and show your support for the public Awareness of Domestic Violence.

Sasebo vs. Iwakuni Home Golf Tournament Saturday, Oct. 23, first tee time 7:30 a.m. at Tsukumo Golf Course. Help defend our home course against MCAS Iwakuni! Register as early as possible to guarantee a spot (20 golfers max). \$5 fee is required at the time of registration, plus green fees at the course (¥700-1,000 depending on pay grade).
Captain's Cup Team Racquetball

Monday, Oct. 18 Tournament begins Monday, Oct. 18. Entries due to the Fleet Fitness Center by Wednesday, Oct. 13. Teams consist of 4 players, two singles and a doubles team. Tournament will be round robin followed by single elimination. Awards will be given to the top three teams. This is for 2004 Captains Cup points.

Third Annual Hall-O-Scream One Pitch Softball Tournament Saturday, Oct. 30, 9 a.m. at Nimitz Park. Entries are due to the Fleet Fitness Office by Tuesday, Oct. 26. Each batter will get 1 pitch to either hit, stikeout or walk! Tournament will be double elimination.

Book Fair

It's book fair time again!

• October 22nd, 23rd, 24th 11AM-3PM

**ALL FUNDS EARNED FROM THE BOOK FAIR WILL GO
DIRECTLY FOR BOOKS AND MATERIALS FOR THE
SASEBO ELEMENTARY AND E.J. KING HIGH SCHOOL!**



Fleet Gym 252-3588

Hario Gym 252-8691

A week in softball: Total Force blasts Fort Mac, 15-0

JOSN Jeff Johnstone
CFAS Public Affairs

The CFAS Total Force put on a literal home run derby Friday, Oct. 15, as they obliterated Fort Mac, 15-0 in intramural softball action at Nimitz Park.



Total Force third baseman sets his sight on an incoming pitch during his team's 15-0 rout over Fort Mac Friday, Oct. 15 at Nimitz Park. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Excellent fielding by the Total Force defensive unit prevented the game from becoming competitive, and solid batting by the Force proved to be too much for Fort Mac to overcome.

Total Force designated hitter Roy Lamont clobbered a home run early in the first inning, a rocket that sailed over the fence and into the parking lot.

This set the tone for a quick, but at the same time, fairly long evening for Fort Mac.

The game was halted in the third inning because of the ten point rule, which ends games when a team falls behind by ten points.

Though the game ended very early, the players continued on with the game, with the 15-0 Total Force victory officially in the books.

Total Force pitcher Brian McKie stifled Fort Mac's hitters all night by striking them out regularly, keeping their fielders fresh and ready to thwart any offense Fort Mac could mount.

The pitcher even forced an out in the third inning, catching a pop fly in the third inning that sailed right to his glove.

Fortunately for the Total Force and much to the dismay of Fort Mac, no offense emerged Friday.

The Total Force, a relatively new team,



Total Force designated hitter (far left) is congratulated by excited teammates as he crosses home plate following a second inning home run against Fort Mac. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

looks forward to building on the success they enjoyed Friday.

According to McKie, the Total Force consists of a variety of players from different walks of life at CFAS.

"We have players from Security, Public Works and some players who played with the Pumpers before they disbanded," said McKie.

In the case of the Total Force, lots of different players adds up to lots of different talent, as evident by Friday

night's scoring clinic.

The onslaught Friday sparked a buzz amidst the Total Force players, as there was no shortage of camaraderie during the game.

The teams displayed good sportsmanship during the game, and several times, the Total Force bullpen emptied out as teammates lined up to congratulate each other after each home run.

Iwakuni golfers nudge by Team Sasebo in annual golf match

Isaiah Mincks
MWR Sports Athletic Manager

Nineteen Sasebo golfers traveled to Iwakuni this past weekend to enjoy the annual Away Golf Match. Mike Yoneda and Bob Magaffin made their 10th trip, the most tournaments by either club members. Iwakuni won 12 out of 19 matches.

Robert Pinter and Willie Delossantos both lost their matches in a playoff hole, and three other golfers lost their matches on the 18th hole. However, Brian Wright came away with a Closest to Pin Award.

The rest of us, well, we did our best and most important had a great time! We all met some new golfers and all experienced a new course, and Mike Yoneda enjoyed his annual lunch at Burger King!

Participating golfers included Bill

Nagami, ship repair facility (SRF), Bing Jimenez, SRF, Guy Burleson, Fire Dept,



Members of the Sasebo golf team pose for a group photo before the tournament at Iwakuni (Released by CFAS Public Affairs)

Alec Culpepper, Morale,Welfare and Recreation (MWR), Chris Alford, CPG-1,

Mike Yoneda, MWR, Mark Haley, MWR; Bob McGaffin, RET; Brian Wright, CFAS,

Rick Adams, FT M c H e n r y . James Parrish, SRF; Mike Duncan, CFAS. Raymond Key, SRF. Elaine Key, DEP. Robert Pinter, N a v a l E x c h a n g e (NEX), Willie Delossantos, FISC; David Bell, ACU-5, Chris Wyatt, ACU-5 and Isaiah Mincks,

MWR.

On Saturday, Oct. 23rd at Tsukumo

Golf Course, Sasebo will take on Iwakuni for bragging rights and possession of the Home golf trophy. I believe we have a much better chance of winning at Tsukumo!

The friendships that develops at an event such as this are invaluable to individuals living in Japan. Every golfer will have the opportunity to meet a new friend, who also lives miles from America in Japan. I myself have met friends in Iwakuni, and look forward to seeing them throughout the year.

For anyone interested in joining this rivalry, beginning the game of golf or if you are a golfer dying to get back out on the course.

There are many opportunities here in Sasebo, such as free golf club rental at the Fleet Fitness Center, local driving ranges, and tournaments held every month by MWR and Ordnance.

Sasebo Eagles Little League

The Sasebo Eagles Little League is looking for baseball enthusiasts ages 8-12 for competitive play. Participate in culture exchange, overnight stays, and generally good times.

Players can't turn 13 and they have to turn 8 prior to August 2005 to be eligible. Call Dean at 252-8240.

LET'S PLAY BALL!

Fitness center questions answered

Alec Culpepper
MWR Fitness & Aquatics Director

I would like to take this opportunity to answer a few questions that have been posed at the Spare Time Recreation Fitness Center also known as Bldg. 91

Question: Can we get a hamstring machine for the weight room?

Answer: Absolutely, although we have limited space we attempt to make the equipment as versatile as possible. In the past, people requested a leg press machine and although it took a little time we were able to get one, but by doing so we had to remove something and that was

a large hamstring unit. Now our patrons are requesting a hamstring machine and thanks to our good friends at Hoist Fitness equipment we are able to provide some "cutting edge" dual equipment.

By dual equipment I mean a piece that performs two functions. For example, one piece will be capable of performing a leg extension and a leg curl.

We also have more "duals" on the way so just give us a little more time and we should be making some changes that I am sure you will be pleased with.